

## Abstract of the Disclosure

A laminate structure (e.g., hot or cold wrap) formed from outer substrates that are bonded together to form at least one pocket is provided. The pocket is separated by an inner substrate such that the pocket defines an upper pocket region and a lower pocket region, each of which contains a reactant. Due to the presence of the inner substrate, the reactants do not intermix prior to activation of the laminate structure. To activate the laminate structure, a tension force is exerted so that the inner substrate ruptures, thereby allowing the reactants to freely intermix and produce the desired result. For example, in some instances, the reactants undergo an exothermic or endothermic reaction so that the laminate structure may be utilized as a hot or cold wrap.